Overcoming

Negative Emotions

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“Your writing is both inspirational and motivating…”

Halima Sarki

Abuja Nigeria

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Introduction

In The Name of Allah, The Entirely Merciful The Especially Merciful

This is a book about Overcoming Negative Emotions- by the will of Allah

I have purposely kept it short, for brief reading.

Text(Matn)

All praises be to Allah and salutations and peace be upon the Prophet Muhammad, His Family, His Companions and all those that follow him until the day of Judgement

To proceed

1. The best way to fight anger and negative emotions/ feelings is to just let go of it

2. Without conflict, we wouldn’t be able to separate the real sheep from the deceitful wolves

3. Patience is like a bitter herb, whereas above that is shukr which is as sweet and as fulfilling as pure unadulterated honey

4. The more you have to work for something, the sweeter the internal enjoyment is, at and beyond that things innate threshold of success(by the will, permission and command of Allah)

5. Just like business, you can not build a successful Emotionally Positive Enterprise in one day

6. To be a lover, you must love, otherwise, even the one full of hatred may at times positively emerge from their constantly negative bouts of emotion

7. Be like an infinitely(I.e. tending to) stretching rubber band; that way after negative ephemeral forces let go of you, by way of whispering coercions(and otherwise- as in the case of human Shayaatin/ devils), you always bounce back to your positive centre. Most importantly,

always remain connected to your core principles, values and beliefs

8. Silence in a state of anger, will save you an eternity of regret

9. Be patient. Take life slowly and gradually as it capitalizes(by the will of Allah). No sane individual is known to eat a raw grain of rice directly from a cooking pot before the contents of the pot boil and

soften; we are not chickens, so behave like a human and patiently wait for success at its due time

10. Life is a journey, but most importantly a process; Have your positively ephemeral and celestial goals and just enjoy the speed bumps on the way. Whatever you do, DON’T RUSH/ DON’T BE HASTY

God bless

May Allah guide us all Ameen

Bonus Chapter

Spiritual Levitation 1: The Other side of Abstemiousness

1. Face your fears, and pray to Allah always

2. You can never attain true success (i.e. in this world and the next life), until you worship Allah correctly and seek His assistance continuously/ continually

3. If you choose a life of worshipping Allah in all that you do in your life, then(by His will), all that you desire will come to you submissively.

4. Every time you feel like giving up, turn back to Allah(whole heartedly)

5. Concentrate on bettering yourself. The general rule of thumb is that the better you are, the more those around you get affected positively.

6. Keep on being patient, and never stop being patient, until your soul exists the collarbone.

7. In patience, there is wisdom from Allah. He is showing you that He is The One that controls everything

8. Modern day monks(and practitioners of abstemiousness) can sometimes be found in cities and towns.

9. The more you practice Zuhd(Orthodox Islamic Abstemiousness), the more your heart lets go of the world. Then the

more the world clings on to

you(metaphorically speaking)

FINAL PRAYER

All Praises abundant and plentiful belong to Allah, and peace be upon his final Messenger Muhammad, peace and blessings be upon him, his family, his companions and all of those that follow them till the day of Judgement.

FINAL WORD

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Bonus Chapter 1

3 types of souls

1. Mutma innah- Surah Fajr Verse 27(The break of day or The Dawn)

2. Lawwaamah- Chapter 75 Surah Qiyaamah(The Resurrection) Verse 2

3.Amru bissuw-

Hisnul Muslim- Qahtani

3 types of hearts

1. Qalbun Saliim(A sound heart)

2. Qalbun Mareedh(A sick heart)

Oh Allah give us a complete cure that leaves no illness Ameen.

3. Qalbun Mayyit(A dead heart)

May Allah protect us from this Ameen

Bonus Chapter 2

‘Uboodiyyah: Beyond Temporary Friendship

All praises be to Allah and salutations and peace be upon the Prophet Muhammad, His Family, His Companions and all those that follow him until the day of Judgement

To proceed

1. If you don’t let go to worldly love, you’ll never know which relationship is meant to be permanent, and

which was meant to be temporary; for the good of yourself.

Take the example of Prophet Ibrahim(upon him be peace and Salaam):

The important thing(wa Allahu A’laam/ and Allah knows best) is that Allah wanted Ibrahim(‘aleihimussalaatu wa salaam/ upon him be peace and

Salaam) to sacrifice the love of his son from his own heart.

Like the story of the 2 sons of Adam; Allah wanted to see who would part from the dunia/worldly life from their hearts(wa Allahu A’laam/ and Allah knows best), by giving their best possessions i.e. the crops

Allah is Assamad(He is in need of noone/nothing, but all are in need of him).

So the conclusion is that Allah wants us to go to Him with Qalbun Salim(a pure heart).

May Allah allow us to live and die with Qalbun saliim(a pure heart)

May Allah guide us all

Ameen

Bonus Chapter 3

Spiritual Levitation 2: The Other Side of Abstemiousness/ Zuhd

All praises be to Allah and salutations and peace be upon the Prophet Muhammad, His Family, His Companions and all those that follow him until the day of Judgement

To proceed

1. Never let go of your(correct) religious principles

2. The enemies surrounding you(i.e. Shaitan/ satan and dunia/ the seeming glitter of the world) (and within you, (i.e. your hawa/ desires and nafs/ your lower self) are always ready to launch attacks. Be vigilant(i.e. by supplicating to Allah always), be informed(i.e. seek knowledge) and be ready(for the ongoing spiritual battle/ warfare) and

on guard(by beseeching Allah’s assistance, refuge and rescue)

3. Sometimes you have to let go of certain things, for a new chapter if your life to begin

4. Whatever is with Allah(by His protection)/ Everything that is with Allah(by His protection) is never lost

5. It is at that breaking point, when you literally(and metaphorically) feel that you are fast-approaching

rock bottom(or anguish is about to set in); that is the time to supplicate for all the good that you wish for. Then wait for the miracles that shall follow(only by the will of Allah)

6. Always ask for Allah’s bounties/ favours upon you(, whether you hear the cockerel crow or not)

Bonus Chapter 4

Introduction to Pre-destiny: The Sea Without a Shore

All praises be to Allah and

salutations and peace be upon the

Prophet Muhammad, His Family, His

Companions and all those that follow

him until the day of Judgement

To proceed

4 Parts to the Qadar(Pre- destiny of Allah)

1. Al ‘Ilm(knowledge)

That Allah knows everything that was, everything that is(now), everything that is going to be/ that will happen(in the future), and also things that **if they were to happen**, how they would happen.

2. Al Kitaabah(The writing)

That Allah instructed the pen to write all the things that will happen(till eternity- And Allah knows best), 50, 000 years before the creation of the Heavens and Earth.

3. Mashi a(Will)

That everything happens by the will of Allah.

That we also a will, but ultimately, it is still under the will of Allah.

‘Aml(Action/ Deeds)

That Allah created/ creates everything, including our actions.